Sedatives, Hypnotics or Anxiolytics

SOLVED EXAMPLES

1. Which of the following is not one of the 4 Ds used to define abnormality?
   (a) Deviance
   (b) Danger
   (c) Drastic violent behaviour
   (d) Dysfunction

Ans. (c)

2. Rita is in class 12 and she is unable to cope up with her studies, and also faces difficulties in maintaining relationships. Using which of the following approaches, can you say that Rita is displaying abnormal behaviour?
   (a) Maladaptive behaviour - the behaviour which inhibits well-being i.e. optimal functioning and growth
   (b) She is harming people around her - danger
   (c) Deviation from social norms
   (d) Rita is highly distressed

Ans. (a)

3. Which of the following statements accurately define norms?
   (a) Norms are the moral values of a society
   (b) Norms are stated or unstated rules of proper conduct in a society.
   (c) Norms are the standards which people use to judge each other in a society
   (d) Norms are used to judge abnormality of a person's behaviour.

Ans. (b)

4. Which of the following comment(s) is are an accurate example of stigma against Ramesh who is suffering from major depressive disorder?
   (i) "He is going through a lot".
   (ii) "He is weak. He couldn't handle life".
   (iii) "He is lazy. He just doesn't want to do anything."
   (iv) "He has been suffering from depression for a very long time now."

SHOUT
SHARE
IT

(a) Only (ii) is correct
(b) Both (ii) and (iv) are correct
(c) Only (i) is correct
(d) Both (ii) and (iii) are correct.

Ans. (d)

5. Elizabeth has sudden episodes wherein she starts screaming and throwing objects around, without any reason. Her neighbors call her a witch and say that this is the work of Satan. Which of the following approaches is being used by her neighbors to explain Elizabeth's abnormal behaviour here?
(a) Supernatural approach
(b) Organismic approach
(c) Psychological approach
(d) Biological approach

Ans. (a)

6. Depression occurs due to deficiency of the neurotransmitter Serotonin in the brain.
Which approach is being used to explain Depression here?
(a) Supernatural approach
(b) Psychological approach
(c) Biological approach
(d) Diathesis-stress model

Ans. (c)

7. Which of the following treatment techniques is used to treat abnormal behaviour, when explained by the supernatural approach?
(a) Psychotherapy
(b) Exorcism
(c) Medication
(d) Physical exercise

Ans. (b)

8. Who among the following elaborated on the role of the theory of four humors as a cause of abnormal behaviour?
(a) Sigmund Freud
(b) Victor Frankl
(c) Galen
(d) Aaron Beck

Ans. (c)

9. Which of the following approaches was used to explain abnormality in the latter part of the Middle Ages?
(a) Supernatural approach
(b) Biological approach
(c) Humanistic-existential approach
(d) Genetic approach

Ans. (a)

PRACTICE QUESTIONS

1. In which period did Johann Weyer emphasize psychological conflict and disturbed interpersonal relationships as the cause for psychological disorders?
(a) Age of Reason and enlightenment
(b) Middle Ages
(c) Current times
(d) Renaissance period

2. Keeping with the Christian spirit of charity, who wrote extensively about feelings, mental anguish and conflict in the early middle ages?
(a) Johann Weyer (b) Galen
(c) St. Augustine (d) Carl Jung

3. In which period, did scientific attitude replace faith as a way of understanding abnormal behaviour?
(a) Middle Ages
(b) Age of Reason and enlightenment
(c) Current times
(d) Renaissance period

4. Which period is characterised by the reform movement?
(a) Renaissance period
(b) Middle Ages
(c) Current times
(d) Age of reason and enlightenment

5. What is deinstitutionalization?
(a) Providing community care for recovered mentally ill individuals
(b) Closing down mental asylums
(c) Providing access to mental asylums to every person suffering from a psychological disorder.
(d) Providing better facilities to the mentally ill in the mental asylums

6. In recent years, which approach has been used mainly to explain psychological disorders?
(a) Psychological approach
(b) Genetic approach
(c) Interactional approach
(d) Socio-cultural approach

7. Anxiety disorders have been linked to low activity of which of the following neurotransmitters?
(a) Gamma aminobutyric acid (GABA)
(b) Serotonin
(c) Dopamine
(d) Norepinephrine

8. Schizophrenia has been linked to excess activity of which of the following neurotransmitters?
(a) Serotonin (b) Dopamine
(c) GABA (d) Endorphin

9. Which of the following disorders has been linked to the low activity of serotonin in the brain?
(a) Schizophrenia
(b) Depression
(c) Anxiety disorders
(d) Dissociative disorders

10. When an electrical impulse reaches a neuron's ending, the nerve ending is stimulated to release a chemical to send a message to the next neuron. What is this chemical called?
(a) Hormones (b) Neurotransmitters
(c) Messengers (d) Endorphins

11. For which of the following psychological disorders, greater impact of the genetic factors has been found?
(a) Schizophrenia
(b) Addictive disorders
(c) Post-traumatic stress disorder
(d) Binge Eating Disorder

12. Seema is suffering from Anorexia Nervosa. She perceives herself as overweight even though she is extremely thin. She refuses to eat all the time, starving herself to extreme levels. She does this because she perceives herself as overweight. This is because of the rigid beauty standards set by society. She watches the thin models on TV and in magazines and wishes to be like them. Which of the following psychological approaches has been used to explain Seema's behaviour here?
(a) Cognitive approach
(b) Socio-cultural approach
(c) Psychodynamic approach
(d) Humanistic-existential approach

13. John is suffering from Major Depressive Disorder. This is the result of his irrational beliefs and thoughts, like "I am defective", "The future is hopeless" etc. Which of the following psychological approaches has been used to explain John's Disorder here?
(a) Cognitive approach
(b) Socio-cultural approach
(c) Psychodynamic approach
(d) Humanistic-existential approach

14. Raju has been diagnosed with Generalized anxiety disorder. Raju's mother suffers from Panic Disorder. Raju has always done excellent in academics in his school.
However, in college, Raju was unable to cope up with his studies, due to which his grades started falling greatly. As a result, Raju got very anxious and began worrying about his future constantly, and fearing failure in any task that he took up. The impact of this event, combined with the genetic vulnerability that Raju possessed, led to him developing Generalized Anxiety Disorder.
Which approach has been used to explain Raju's disorder here?
(a) Socio-cultural model
(b) Genetic approach
(c) Cognitive model
(d) Diathesis-stress model

15. Sam has been diagnosed with Major Depressive Disorder. Sam's parents imposed conditions of worth on him, showing disapproval when he didn't do well at school, and displaying affection only when he got good grades. As a result, Sam developed a negative self-image and believes that he is not good enough. This stops Sam from trying to do a lot of tasks, which inhibits him from growing to his full potential. Which psychological approach has been used to explain Sam's disorder here?
(a) Cognitive approach
(b) Diathesis-stress model
(c) Psychodynamic approach
(d) Humanistic-existential approach

16. Mona has been diagnosed with Dissociative Identity Disorder. As a child, she was repeatedly abused physically as well as verbally by her mother. She didn't have any support or resources to cope with these traumatic experiences. In an effort to escape from her current situation, she developed different personalities to deal with the painful situation that she was in.
Which of the following psychological approaches has been used to explain Mona's disorder above?
(a) Cognitive approach
(b) Behavioral model
(c) Psychodynamic approach
(d) Humanistic-existential approach

17. Ramu lost his job a month ago. A few days ago, he was diagnosed with major depressive disorder. This was because with the loss of his job, he lost a source of positive reinforcement (being around people who like you). As a result, Ramu has been complaining and weeping a lot. This further alienates even close friends leading to even less reinforcement, increasing social isolation and unhappiness. Ramu is thus locked in a negative downward spiral, leading to depression.
Which of the following psychological approaches has been used to explain Ramu's disorder above?
(a) Cognitive approach
(b) Behavioral model
(c) Psychodynamic approach
(d) Humanistic-existential approach

18. Which of the following statements best defin anxiety?
(a) Anxiety is characterized by shortness of bre sweating, dizziness etc.
(b) Anxiety is being nervous in situations waiting to take an exam, or to visit a dentist to give a solo performance etc.

for Anxiety is a diffuse, vague, very unpleasant feeling of fear and apprehension
(vi) High levels of anxiety that are distressing and interfere with effective functioning indicate the presence of an anxiety disorder.

19. Which of the following is/are the symptom(s) of Generalized Anxiety Disorder?
(i) Worry and apprehensive feelings about the future
(ii) Panic attacks
(iii) Hypervigilance
(iv) Motor tension
(a) Both (i) and (iii) (b) Only (i)
(c) All of the above (d) (i), (iii) and (iv)

20. Ashraf is a 29 years old single man who visits a psychiatrist regarding feeling stressed and exhausted all the time, sleeping badly, having frequent headaches and persistent worries about his work situation. He describes being unable to relax, constantly thinking about mistakes he might have made, colleagues he might have upset and what might happen in the future. He notices himself getting more wound up than usual even about everyday events outside work.
Which anxiety disorder is Ashraf most likely suffering from?
(a) Panic Disorder
(b) Generalized Anxiety Disorder
(c) Specific Phobia
(d) Separation anxiety disorder

21. Dave is a 41-year-old male who was referred by his primary care physician after presenting to the ER with difficulty breathing. Dave's physician was unable to find a medical explanation for his symptoms. Over the last 6 months, Dave has had several instances where he felt an intense fear that would reach a peak within a few minutes.
During these instances, he would also experience sweating, heart palpitations, chest pain and discomfort, and shortness of breath. At times, Dave worried that he might die.
As a result, Dave has persistent worry about having another attack. Which anxiety disorder is Dave most likely suffering from?
(a) Panic Disorder
(b) Generalized Anxiety Disorder
(c) Agoraphobia
(d) Obsessive Compulsive Disorder

22. Which of the following is/are clinical feature(s) of an anxiety attack in Panic disorder?
(i) palpitations
(ii) fear of going crazy, losing control or dying
(iii) shortness of breath
(iv) dizziness
(a) Only (i) (b) Only (ii)
(c) (i), (ii) and (iv) (d) All of the above

23. Mrs. E.L. who is 91 years old has an irrational fear of falling and dying, along with fears of losing consciousness, not being found in time, and being buried alive. She has been home bound for the last 17 years. She has a fear that something bad would happen if she left her apartment. She stays mostly in her bed, and doesn't even allow her husband to leave the apartment. Although these fears don't have any basis, she experiences intense anxiety even with the thought of leaving her home.
Which disorder is Mrs. E.L. most likely suffering from?
(a) Panic Disorder
(b) Social Anxiety Disorder
(c) Generalized Anxiety Disorder
(d) Agoraphobia

24. Which disorder describes the fear of entering unfamiliar situations?
(a) Claustrophobia
(b) Separation anxiety disorder
(c) Social phobia
(d) Agoraphobia

25. What is the term used to describe irrational fears related to specific objects, people, or situations?
(a) Generalized Anxiety Disorder
(b) Panic Disorder
(c) Phobias
(d) Post traumatic Stress disorder

26. Himadri doesn't leave her house because she fears contamination. She avoids looking at the toilet seat when she goes to the washroom. She doesn't touch doors in her house and hardly ever touches her phone, even when it's very urgent. She never sleeps in anyone else's bed, nor does she let anyone else in her family to sleep in her bed. She gets very anxious when anyone from the outside comes to her home. She does all this because she is always scared of getting dirty, and she keeps washing her hands again and again, even though her hands are very clean.
Which of the following disorders is Himadri most likely suffering from?
(a) Illness anxiety disorder
(b) Obsessive Compulsive disorder
(c) Somatic symptom disorder
(d) Generalized anxiety disorder

27. Which of the following is the correct term for "hair-pulling disorder"?
(a) Trichotillomania
(b) Excoriation disorde.
(c) Hoarding disorder
(d) Somatic symptom disorder

28. Which of the following terms is used to describe "recurrent and persistent thoughts, impulses, or images that cause distressing emotions such as anxiety or disgust"?
(a) Obsession (b) Phobia
(c) Compulsion (d) Disorder

29. Which of the following terms is used to describe "repetitive behaviours or mental acts that a person feels driven to perform in response to an obsession"?
(a) Obsession (b) Phobia
(c) Compulsion (d) Anxiety

30. Luke is a 19 year old male who approached his college counselor with the problem that he has trouble connecting with other people and frequently experiences intense anxiety and worry related to how people perceive him. His worries include: where to look, how to stand, what people want him to say, and always trying to say what the person wants to hear. He avoids social situations altogether and hardly has any friends since he fears embarrassment in every social situation.
Which disorder is Luke most likely suffering from?
(a) Agoraphobia
(b) Separation Anxiety Disorder
(c) Panic Disorder
(d) Social Anxiety disorder

31. Jonas is a 6 years old boy who has been brought to a clinician because he was suffering from anxiety. He was resisting going to school and was becoming distressed when his parents tried to leave him for a moment in any room at home. He was unable to stay with anyone else or even play with friends. When his parents left him anywhere, he would chase them, cling to them, or throw tantrums. He was also unable to sleep without their presence.
The clinician is most likely to diagnose Jonas with which of the following disorders?
(a) Separation Anxiety Disorder
(b) Panic Disorder
(c) Social Anxiety Disorder
(d) Agoraphobia

32. Under which category do the disorders - hoarding disorder, trichotillomania, excoriation disorder fall?
(a) Anxiety Disorders
(b) Somatic symptom and related disorders
(c) Obsessive Compulsive and related disorders
(d) Dissociative Disorders

33. Which of the following is the correct name for skin-picking disorder?
(a) Trichotillomania
(b) Somatic symptom disorder
(c) Conversion disorder
(d) Excoriation disorder

34. Selective mutism falls under which of the following categories of disorders?
(a) Trauma and stressor-related disorders
(b) Somatic symptom and related disorders
(c) Anxiety disorders
(d) Schizophrenia Spectrum and Other Psychotic Disorders

35. Adjustment disorder and Acute Stress disorder are included in which of the following categories of disorders?
(a) Anxiety disorders
(b) Trauma and stressor-related disorders
(c) Somatic symptom and related disorders
(d) Disruptive, Impulse-Control and Conduct Disorders

36. John is a middle-aged man who recently went through an open-heart bypass procedure. The operation went well. However, towards the end of the operation, John's anesthetic began to wear off. Although he wasn't feeling physical pain, he regained consciousness. The last 20 minutes of the operation, when they cleaned and stitched him up, he went through agony, overwhelmed by feelings of helplessness as he was unable to move or let the medical staff know that he had become conscious. After the operation, his sleep was severely disturbed with repeated flashbacks of the alarming "wake up" during surgery. His blood pressure remained high. He was very snappy, agitated, and irritated.
John is most likely to be suffering from which of the following disorders?
(a) Post-traumatic stress disorder
(b) Schizophrenia
(c) Panic disorder
(d) Dissociative Identity disorder

37. Post-traumatic stress disorder may include which of the following symptoms?
(i) Flashbacks
(ii) Recurrent dreams
(iii) Emotional numbing
(iv) Sudden unexplained blindness
(a) Only (i)
(b) Only (iv)
(c) Both (i) and (iii)
(d) (i), (ii) and (iii)

38. Victims of natural disasters or those caught in a bomb blast by terrorists or been in a serious accident or a war-related situation, very often experience which of the following disorders?
(a) Post-traumatic stress disorder
(b) Schizophrenia
(c) Dissociative identity disorder
(d) Obsessive compulsive disorder

39. Reema is referred by her physician to a psychiatrist. She reports to the psychiatrist that her whole body is in pain which inhibits her from working, cooking or bathing. She started experiencing this pain after the death of her husband in a car accident. She keeps visiting different doctors complaining that she probably suffered a severe internal injury in the accident, but the doctors haven't found any injuries and tell her that she is completely fine physically, but she refuses to believe it.
Which of the following disorders best describes what Reema is experiencing?
(a) Post-traumatic stress disorder
(b) Illness anxiety disorder
(c) Conversion disorder
(d) Somatic symptom disorder

40. Jake is a 25 year old male who presented to the psychiatry clinic upon the advice of his primary physician. He refuses to sit, stating that too much sitting can aggravate his colon cancer. He reports that his physician says that his illness is "all in his head", but he says that he knows that he has a cancerous lump in his colon. Jake has been taking one test after another, all of which proved negative for cancer. He is worried that by the time doctors find something, it will be too late and he will end up dying. He is also resistant to the idea of mental health counseling.
Which of the following disorders best describes what Jake is experiencing?
(a) Generalized anxiety disorder
(b) Illness anxiety disorder
(c) Conversion disorder
(d) Somatic symptom disorder

41. Riya is 16 years old. Her father just passed away due to a heart attack. After the incident, she was suddenly unable to walk. Her legs were paralyzed. The physician conducted all kinds of tests but couldn't find any physiological problem that would explain her symptoms. He finally referred her to a psychologist.
Which of the following disorders explains what Riya is experiencing?
(a) Conversion disorder
(b) Somatic symptom disorder
(c) Neurodevelopmental disorder
(d) Panic disorder

42. Which of the following disorders describes the reported loss of part or all of some basic body functions without any physiological explanations?
(a) Conversion disorder
(b) Somatic symptom disorder
(c) Neurodevelopmental disorder
(d) Dissociative identity disorder

43. The defining characteristic of which of the following categories of disorders is "sudden temporary alterations of consciousness that blot out painful experiences"?
(a) Schizophrenia spectrum and other psychotic disorders
(b) Anxiety disorders
(c) Somatic symptom and related disorders
(d) Dissociative disorders

44. Which of the following terms best describes the feelings of unreality, estrangement, depersonalisation, and sometimes a loss or shift of identity?
(a) Anxiety (b) Schizophrenia
(c) Trauma (d) Dissociation

45. In 1912, in Elyria, Ohio, Sherwood Anderson, president of the Anderson Manufacturing Company, was in the midst of dictating a letter. Suddenly, he stopped speaking and instead decided to stare down at his feet. He left the offices of his company, closing the door for the last time. Anderson spent the next four days walking along the railroad tracks for a total of 30 miles to Cleveland, Ohio. He eventually found himself at a pharmacy, completely disoriented and disheveled having no idea how he got there, and he was taken to the psychiatric ward of a hospital.
Which of the following terms best explains the episode that Anderson experienced?
(a) Depersonalization disorder
(b) Dissociative identity disorder
(c) Dissociative fugue
(d) Bipolar Disorder

46. Ms. Upton, who is 25 years old, has little memory from her life between the ages of 7 and 13 years. She can't recall family holidays, school events, and vacation trips. Her younger sister had reported her father for "weird sexual touching" of them both. Her father also apologized to her. However she denies that her father ever abused her when she was young.
Which of the following disorders is Ms. Upton most likely to be suffering from?
(a) Dissociative fugue
(b) Dissociative amnesia
(c) Dissociative identity disorder
(d) Schizophrenia

47. Paula was the daughter of extremely strict Baptist parents. Her mother subjected her to physical abuse on many occasions and from the time Paula was five years old, she began to suffer sexual abuse at the hands of her father. As an adult, Paula fell into a series of dysfunctional relationships with men and she was finally referred to a counselor by her professor when she began to suffer episodes of amnesia and intense headaches whilst studying at night school. In therapy, it was revealed that Paula had three alters - Sherry, Janet and Caroline. Sherry had been created to help protect Paula from the sexual abuse, Janet manifested as an angry teenager, and Caroline was a five year old child. Another suicidal personality called Heather later appeared.
Which of the following disorders is Paula most likely to be suffering from?
(a) Schizophrenia
(b) Dissociative amnesia
(c) Dissociative identity disorder
(d) Depersonalization disorder

48. What is dissociative identity disorder often referred to as?
(a) Multiple personality disorder
(b) Multiple identity disorder
(c) Derealization disorder
(d) Depersonalization disorder

49. Tony visited a psychiatrist, seeking help for his problem. He began - "One day I was walking around the city, minding my own business, when suddenly I found myself looking down at myself from somewhere near the awning of a store. It was unreal and the weirdest thing in the world!" he exclaimed, his hands shaking. "Since then, and that was 20 years ago, I've had one experience like that after another and never completely felt like I was back in my body. I constantly feel spaced out."
Which of the following disorders best explains Tony's experiences?
(a) Dissociative Identity disorder
(b) Dissociative amnesia
(c) Schizophrenia
(d) Depersonalization disorder

50. Which of the following disorders best describes a dreamlike state in which the person has a sense of being separated both from self and from reality?
(a) Dissociative Identity disorder
(b) Dissociative amnesia
(c) Schizophrenia
(d) Depersonalization/Derealization disorder

51. Which of the following statements is true?
(a) Depression is a symptom
(b) Depression is a disorder
(c) Depression can refer to a symptom as well as a disorder
(d) Depression is neither a symptom nor a disorder

52. Cecelia is a 29 year old female who presented to a psychiatrist, stating that she had daily crying spells, felt sad "all the time", had trouble sleeping at night, and was overeating. She reported that it frequently took her several hours to fall asleep, and that some nights she could not fall asleep at all. She spent the time awake "thinking" and "worrying". She often thought that she was not a good mom, and felt that she was a problem to her husband. She thought about her family of origin and her unsatisfactory relationship with her mother. She had stopped participating in any family events and felt unable to work outside her home.
The psychiatrist is most likely to diagnose Cecelia with which of the following disorders?
(a) Bipolar disorder
(b) Generalized anxiety disorder
(c) Major depressive disorder
(d) Obsessive compulsive disorder

53. Which of the following statement(s) is/are true for Major Depressive Disorder?
(i) Heredity is an important risk factor for Depression.
(ii) Women are more likely to report suffering from depressive disorder, compared to men.
(iii) Experiencing negative life events like loss of a job, divorce etc., increases the chances of suffering from Depressive Disorder.
(iv) Lack of social support makes one more vulnerable to developing depressive disorder.
(a) Only (iii) (b) All of the above
(c) Both (iii) and (iv) (d) Both (i) and (ii)

54. Manoj is a 40 year old male with a wealthy background. He sometimes experiences severe episodes wherein he becomes involved in impulsive and excessive behaviours such as spending large sums of money or travelling to other countries. He also describes his thought pattern during those episodes, which is characterized by an influx of ideas that he feels he must act upon. In contrast, he finds that once these episodes disperse he is left with feelings of depression, low self-esteem, and lack of energy.
Which disorder is Manoj most likely suffering from?
(a) Major depressive disorder
(b) Depersonalization disorder
(c) Conduct Disorder
(d) Bipolar disorder

55. Which of the following is/are risk factor(s) fo suicide?
(i) suffering from a psychological disorder
(ii) experiencing isolation
(iii) previous suicide attempt
(iv) experiencing violence or abuse
(a) Only (i) (b) (i), (ii) and (iv)
(c) Both (iii) and (iv) (d) All of the above

56. Which of the following is/are the measure(s) sugge by WHO to prevent the occurrence of suicides?
(i) reporting of suicide by media in a respons way
(ii) care for people who attempted suicide providing community support

(iii) limiting access to the means of suicide
(iv) punishing people who have made unsuccessful attempts at suicide

(a) Only (iv) (b) Both (iii) and (iii)
(c) (i), (ii) and (iii) (d) All of the above

57. Which of the following is/are the marker(s) for identifying students in distress?
(i) lack of interest in common activities
(ii) mysterious or repeated absence
(iii) declining grades
(iv) smoking or drinking, or drug misuse

(a) (i), (ii) and (iii) (b) Only (i)
(c) (ii), (iii) and (iv) (d) All of the above

58. Which of the following is/are are the appropriate measure(s) which can be taken to strengthen students' self-esteem?
(i) providing opportunities for development of physical, social and vocational skills
(ii) accentuating positive life experiences to develop positive identity. This increases confidence in self.
(iii) establishing goals for the students, which are specific, measurable, achievable, relevant, to be completed within a relevant time frame.
(iv) establishing trustful communication.

(a) Both (i) and (ii) (b) (i), (ii) and (iv)
(c) Both (i) and (iii) (d) All of the above

59. Which of the following categories of symptoms is not included in schizophrenia?
(a) Neutral symptoms
(b) Positive symptoms
(c) Negative symptoms
(d) Psychomotor symptoms

60. Which of the following categories of symptoms in Schizophrenia, is defined by "excesses of thought, emotion and behaviour"?
(a) Positive symptoms
(b) Negative symptoms
(c) Neutral symptoms
(d) Psychomotor symptoms

61. Which of the following categories of symptoms in Schizophrenia, is defined by "deficits of thought, emotion, and behaviour"?
(a) Positive symptoms
(b) Negative symptoms
(c) Neutral symptoms
(d) Psychomotor symptoms

62. Which of the following categories of symptoms in Schizophrenia includes rigid movements, odd grimaces, gestures etc.?
(a) Positive symptoms
(b) Negative symptoms
(c) Psychomotor symptoms
(d) Neutral symptoms

63. Jack graduated from high school and got a job working in a video store. After working for about 6 months Jack began to hear voices that told him he was no good. He also began to believe that his boss was planting small video cameras in the returned tapes to catch him making mistakes. He became increasingly agitated at work and began "talking strangely" to customers. After about a year he quit his job, yelling at his boss that he couldn't take the constant abuse of being watched by all the TV screens in the store and even in his own home.
Which of the following psychological disorders is Jack most likely suffering from?
(a) Bipolar disorder
(b) Panic disorder
(c) Schizophrenia
(d) Obsessive Compulsive disorder

64. Which of the following is not a positive symptom for Schizophrenia?
(a) Delusions
(b) Alogia
(c) Hallucinations
(d) Inappropriate affect

65. Which of the following is not a negative symptom for Schizophrenia?
(a) Delusions (b) Alogia
(c) Blunted affect (d) Avolition

66. Which of the following statements best defines "delusion"?
(a) A delusion is an extreme belief formed on the basis of a minor accident.
(b) A delusion is a false belief that one is being plotted against, spied on, threatened etc.
(c) A delusion is a repetitive intrusive thought that causes anxiety.
(d) A delusion is a false belief that is firmly held on inadequate grounds.

67. Which of the following delusions is most common in Schizophrenia?
(a) Delusions of reference
(b) Delusions of persecution
(c) Delusions of grandeur
(d) Delusions of control

68. Which of the following statements correctly defines "delusions of persecution"?
(a) False belief that one is being plotted against, spied on, slandered, threatened, attacked or deliberately victimized.
(b) Attaching special and personal meaning to the actions of others or to objects and events.
(c) Belief that one is specially empowered.
(d) Belief that one's feelings, thoughts and actions are controlled by others.

69. Which of the following is an example of delusion of grandeur?
(a) Belief that one is being spied upon by the government and that cameras and audio recorders have been installed in one's home, work and car for this purpose.
(b) Belief that one is the reincarnation of Jesus Christ.
(c) Belief that lyrics of a particular song are specifically about one's life.
(d) Belief that one's doctor is trying to plant thoughts inside one's head.

70. Which of the following is an example of delusion of reference?
(a) Belief that one's neighbor is trying to kill oneself.
(b) Belief that one has a special relationship with the president of the country.
(c) Belief that a movie one has watched contains a special message that is meant specifically for them.
(d) Belief that aliens are stealing one's thoughts.

71. Raju murders his friend and then says that someone else was controlling his arms and hands while he was doing so.
Which of the following delusions is Raju suffering from?
(a) Delusion of persecution
(b) Delusion of grandeur
(c) Delusion of reference
(d) Delusion of control

72. In which of the following symptoms of Schizophrenia, may a person not be able to think logically, and may speak in peculiar ways?
(a) Alogia
(b) Hallucinations
(c) Formal thought disorders
(d) Avolition

73. Which of the following formal thought disorders involves rapidly shifting from one topic to another so that the normal structure of thinking is muddled and becomes illogical?
(a) Neologisms
(b) Derailment
(c) Perseveration
(d) Racing

74. A patient with schizophrenia says, "I got so angry I picked up a dish and threw it at the geshinker". Geshinker is not a word. Which of the following formal thought disorders is being displayed by the patient?
(a) Neologisms
(b) Derailment
(c) Perseveration
(d) Neo-wording

75. Raju is with a group of his friends. His friends were talking about one of their college professors. Raju continues talking about the professor even though the conversation has moved on to other topics. Which formal thought disorder is being displayed by Raju here?
(a) Neologisms (b) Perseveration
(c) Derailment (d) Repetition

76. Which of the following terms is used to describe perceptions that occur in the absence of external stimuli?
(a) Delusions
(b) Formal thought disorders
(c) Alogia
(d) Hallucinations

77. Which type of hallucinations occur most commonly in Schizophrenia?
(a) Somatic hallucinations
(b) Visual hallucinations
(c) Tactile hallucinations
(d) Auditory hallucinations

78. Raj often gets a feeling that a snake is crawling inside his stomach. Which of the following hallucinations is Raj experiencing?
(a) Somatic hallucination
(b) Tactile hallucination
(c) Visual hallucination
(d) Auditory hallucination

79. Suneet is experiencing burning and tingling sensations lately without the presence of any external stimulus. Which of the following hallucinations is Suneet experiencing?
(a) Gustatory hallucination
(b) Somatic hallucination
(c) Tactile hallucination
(d) Visual hallucination

80. Rohan suffers from Schizophrenia. He hears voices in his head asking him to kill himself. Which type of hallucination is Rohan experiencing?
(a) Visual hallucination
(b) Auditory hallucination
(c) Gustatory hallucination
(d) Somatic hallucination

81. Ritu lost her parents in a car accident a year ago. Lately she has been seeing them wherever she goes. Which type of hallucination is Ritu experiencing?
(a) Visual hallucination
(b) Auditory hallucination
(c) Somatic hallucination
(d) Tactile hallucination

82. Sylvia smells something weird as soon as she enters her bedroom. She asks her family members if they can also smell it but all of them deny. She believes that she is smelling an anesthetic gas which someone is

prompting into her house and that she alone can smell it. Which type of hallucination is Sylvia experiencing?
(a) Visual hallucination
(b) Auditory hallucination
(c) Olfactory hallucination
(d) Gustatory hallucination

83. Sarah gets this bitter taste in almost everything she eats. She believes that she is tasting poison and that everyone around her is trying to poison her, hence she mostly refuses to eat.
Which type of hallucination is Sarah experiencing?
(a) Visual hallucination
(b) Auditory hallucination
(c) Olfactory hallucination
(d) Gustatory hallucination

84. Ankur has been diagnosed with schizophrenia. He starts smiling when he is told about the death of his friend. Which symptom of schizophrenia is Ankur displaying here?
(a) Flat affect
(b) Blunted affect
(c) Formal thought disorder
(d) Inappropriate affect

85. Which of the following is not a negative symptom of schizophrenia?
(a) Avolition
(b) Inappropriate affect
(c) Blunted affect
(d) Flat affect

86. Riham and Rohan both work as janitors in a school. Riham has been diagnosed with Schizophrenia. Riham is asked by someone "Do you have a job?". Riham responds by saying "Yes". However when Rohan is asked the same question, he responds by saying "Yes, I work as a janitor. I do the night shift." Further Riham is asked "Where do you work?". He responds "At the school". When Rohan is asked the same question, he says "I work at Woodside College, it's a school on the other side of town".
Which of the following symptoms of Schizophrenia is being displayed by Riham here?
(a) Alogia
(b) Avolition
(c) Blunted affect
(d) Formal thought disorder

87. John suffers from Schizophrenia. He expresses emotions rarely. If you tell him a very exciting news, he barely even cracks a proper smile, and when he experiences a tragedy, he hardly sheds a tear and expresses very little sadness. He seems to be apathetic about life in general. He displays subdued facial expressions and body language.
Which symptom of Schizophrenia is John displaying here?
(a) Inappropriate affect
(b) Flat affect
(c) Blunted affect
(d) Alogia

88. Jason has been struggling with Schizophrenia for many years now. Jason hardly has any friends because he never shows any emotions in any way. He seems apathetic and displays unchanging facial expression and no change in the strength, tone, or pitch of his voice. For example, when anyone tells him great news, he doesn't smile, laugh or show any joy in his response or body gestures.
Because of this, it's difficult for people to emotionally connect with him.
Which of the following symptoms of Schizophrenia is being displayed by Jason here?
(a) Inappropriate affect
(b) Flat affect
(c) Blunted affect
(d) Alogia

89. Which of the following terms best describes this symptom of schizophrenia - "apathy and an inability to start or complete a course of action"?
(a) Social withdrawal
(b) Blunted affect
(c) Flat affect
(d) Avolition

90. Luke is suffering from Schizophrenia. He often remains motionless and silent for long stretches of time. Which symptom of Schizophrenia is he suffering from?
(a) Catatonic Rigidity
(b) Catatonic posturing
(c) Catatonic stupor
(d) Flat affect

91. Which of the following symptoms of Schizophrenia involves maintaining a rigid upright posture for hours?
(a) Catatonic Rigidity
(b) Catatonic posturing
(c) Catatonic stupor
(d) Flat affect

92. Which of the following symptoms of Schizophrenia involves assuming awkward, bizarre positions for long periods of time?
(a) Catatonic Rigidity
(b) Catatonic posturing
(c) Catatonic stupor
(d) Blunted affect

93. Which category of disorders manifests in the early stage of a child's development, and is characterized by deficits or excesses in a particular behaviour or delays in achieving a particular age-appropriate behaviour?
(a) Disruptive, impulse-control and conduct disorders
(b) Obsessive compulsive and related disorders
(c) Depressive disorders
(d) Neurodevelopmental disorders

94. Which of the following disorders is not a type of neurodevelopmental disorder?
(a) Attention-Deficit Hyperactivity disorder (ADHD)
(b) Autism Spectrum Disorder
(c) Intellectual disability
(d) Oppositional Defiant Disorder

95. What are the two main features of Attention-Deficit Hyperactivity Disorder (ADHD)?
(a) Inattention and hyperactivity-impulsivity
(b) Aggression and hyperactivity
(c) Social withdrawal and inattention
(d) Delusions and hallucinations

96. Jack is a 7 year old boy who has difficulties focusing, and sitting still in class. He is able to 'hyper focus' on some activities of interest, however he often has difficulty sustaining his attention at school. His parents and teacher indicate that he is restless, and often requires reminders to help him stay on task. He is described as "constantly running around" and has difficulties listening and following instructions. He often blurts out answers and interrupts other students in the classroom. Jack recognizes this tendency in himself, but says that he 'can't stop' in spite of his best intentions.
Which disorder is Jack most likely suffering from?
(a) Autism Spectrum Disorder
(b) Attention-deficit Hyperactivity disorder
(c) Specific learning Disorder
(d) Intellectual disability

97. Which symptom of Attention-Deficit Hyperactivity disorder is described by the phrases "driven by a motor", "always on the go"?
(a) Impulsivity
(b) Inattention
(c) Aggression
(d) Hyperactivity

98. Which of the following symptoms of ADHD describes the inability to wait for one's turn and give immediate reactions?
(a) Impulsivity (b) Inattention
(c) Aggression (d) Hyperactivity

99. Which of the following disorders is characterized by widespread impairments in social interaction and communication skills, and stereotyped patterns of behaviours, interests and activities?
(a) Autism Spectrum Disorder
(b) Attention-deficit Hyperactivity Disorder
(c) Intellectual disability
(d) Specific learning disorder

100. Almost 70% of children with Autism Spectrum disorder also suffer from which of the following disorders?
(a) Attention-Deficit hyperactivity disorder
(b) Intellectual disability
(c) Bipolar disorder
(d) Schizophrenia

101. 6 year old Mitch has trouble making eye contact with listeners. His expressive language is vague: his sentences are long enough and have the right grammar but the words he chooses don't quite communicate his meaning. It is hard to have a conversation with him. He tends to monopolize the talking, working hard to steer it towards one of his favorite subjects (farm tractors and the carved images at Mt. Rushmore) and doesn't really talk much about anything else. He doesn't listen when it is the other person's turn to talk. He is quite distractible. He doesn't play very much with other children at school or in the neighborhood. Which of the following disorders is Mitch most likely to be suffering from?
(a) Attention-deficit hyperactivity disorder
(b) Specific Learning disorder
(c) Autism Spectrum disorder
(d) Intellectual disability

102. For a person to be diagnosed with intellectual disability, his/her IQ needs to be below which of the following IQ points?
(a) 90 (b) 100
(c) 70 (d) 50

103. The diagnosis of Intellectual disability necessarily requires which of the following?
(i) IQ of approximately 70 or below
(ii) Onset before the age of 18 years
(iii) Deficits or impairments in adaptive behaviour
(iv) Age-inappropriate amounts of stubbornness
(a) Both (i) and (ii) (b) (i), (ii) and (iii)
(c) Both (i) and (iii) (d) All of the above

104. Adam, 9 years old is a grade 3 student who has difficulties in understanding the written words and hence can't read the text fluently. He often mispronounces the words.
He frequently halts at most of the words and takes time in comprehending the text. He tries hard to read yet lately he seems to feel embarrassed in even trying

due to the fact that his friends and classmates have moved on to more difficult words. Adam is able to do other things at his life very well. He is great at sports and also takes horse riding lessons.
Which disorder is Adam most likely suffering from?
(a) Intellectual disability
(b) Autism Spectrum Disorder
(c) ADHD
(d) Specific learning disorder

107. Which of the following disorders are included in the category "Disruptive, Impulse-Control and Conduct Disorders"?
(a) Specific Learning disorder
(b) Bipolar disorder
(c) Oppositional Defiant disorder
(d) Bulimia Nervosa

108. Chuck's mother brought him to a child psychologist. His mother had complained that he was easily annoyed and could annoy his classmates during class discussions and group works. He also had the tendency to fight other kids and seek revenge. He would refuse to listen to the class secretary, follow simple class rules, and argue with teachers about assignments. Chuck's mother reported that during his early childhood, Chuck would not respond when called to return books to shelves. At one time, he told his mother, *"Mom, you can simply return the book by yourself and save your energy."*
He had harsh words when upset and could set off at the slightest provocation. He tended to manipulate his classmates with a promise of protection if they didn't oppose him.
Which of the following disorders is the child psychologist most likely to diagnose Chuck with?
(a) Conduct disorder
(b) Oppositional defiant disorder
(c) Attention-deficit hyperactivity disorder
(d) Autism Spectrum disorder

107. 13 year old Max has been brought to the psychologist by his mother. He has been suspended twice in the last school term for fighting – the last time because he would not hand over a knife to the teacher. He has been rude to the teachers and physically threatened some of them. His mother says her son hates school. He has been terrorizing his younger brother after school before his mother and father get home from work and has been identified by the police for putting graffiti on the school wall.
(a) Conduct disorder
(b) Oppositional defiant disorder
(c) Attention-deficit hyperactivity disorder
(d) Autism Spectrum disorder

108. Conduct disorder is also referred to as which of the following terms?
(a) Physical aggression
(b) Antisocial behaviour
(c) Oppositional Defiant Disorder
(d) Impulse-control disorder

109. Which of the following terms is used to describe the type of aggression that involves dominating and bullying others without provocation?
(a) Hostile aggression
(b) Physical aggression
(c) Verbal aggression
(d) Proactive aggression

110. Which of the following terms is used to describe aggressive behaviour like name-calling, swearing etc.?
(a) Hostile aggression
(b) Physical aggression
(c) Verbal aggression
(d) Proactive aggression

111. Which of the following statements best describes hostile aggression?
(a) It is the aggressive behaviour which is directed at inflicting injury to others.
(b) It involves physical aggressive behaviour like hitting and fighting.
(c) It involves dominating and bullying others without provocation
(d) It involves verbal aggressive behaviour like name-calling, swearing etc.

112. Mrs. Gupta presented to a psychologist with a low mood, easy fatigability, apathy, decreased attention and concentration, bleak, and pessimistic ideas about the future, and a BMI of 15.6. Once she began trusting the psychologist, she reported that one day, her husband had casually remarked that she was slightly heavy near her flanks and thighs. Since then her intake of food has decreased. She completely avoids all foods with high caloric value. She skips breakfast and has minimal lunch. She also avoids eating in front of other family members, at times, hiding and eating.
Which disorder is the psychologist most likely to diagnose Mrs. Gupta with?
(a) Binge-eating disorder
(b) Anorexia Nervosa
(c) Bulimia Nervosa
(d) Disruptive disorder

113. Brandy is a 21 year old female college student with constant anxiety about how she appears to others. This results in extreme levels of stress that she copes with by binging food uncontrollably. After these binge sessions, she would purge excessively multiple times a day by using laxatives, in fear of gaining weight even though her body weight appears to be good. This is a cycle which keeps repeating itself.
Which of the following psychological disorders is Brandy most likely to be suffering from?
(a) Binge-eating disorder
(b) Anorexia Nervosa
(c) Bulimia Nervosa
(d) Disruptive disorder

114. Anne recently came out of a long-term relationship. Since then, she has begun obsessing about food, waking in the middle of the night with powerful cravings. To satisfy her cravings, she even resorts to stealing her roommates' food when she restricts her own supply of food to try and control her eating issue. Even though she doesn't feel hungry, she keeps eating even to the extent that she ultimately feels sick.
These episodes are very frequent now. Anne experiences feelings of extreme helplessness in being able to control these episodes no matter how hard she tries.
Which of the following psychological disorders is Anne most likely to be suffering from?
(a) Binge-eating disorder
(b) Anorexia Nervosa
(c) Bulimia Nervosa
(d) Disruptive disorder

115. A person who is addicted to alcohol, needs to drink greater amounts to feel its effects. What is this tendency known as?
(a) Withdrawal
(b) Habituation
(c) Tolerance
(d) Adaptation

116. Which of the following statements are true about alcohol?
(i) Alcohol is a stimulant which causes the drinker to become more lively as he/she feels more energized.
(ii) Alcohol is a depressant which slows down functioning.
(iii) It affects judgment and lowers inhibitions.
(iv) It also causes motor difficulties, speech problems, memory problems, blurred vision, even trouble with hearing etc.
(a) Both (iii) and (iv)
(b) (ii), (iii) and (iv)
(c) (i), (iii) and (iv)
(d) All of the above

117. Which ones of the following substances, when overdosed can slow down the respiratory centers in the brain, almost paralyzing breathing, and in many cases causing death?
(a) Alcohol (b) Cocaine
(c) Caffeine (d) Heroin

118. Which of the following drugs is not a type of opioid?
(a) Morphine (b) Heroin
(c) Painkillers (d) LSD

119. Which of the following pairs of substances is a pair of hallucinogenic drugs?
(a) Analgesics and anesthetics
(b) Cocaine and heroin
(c) Mescaline and LSD
(d) Gasoline and glue

120. Which of the following substances falls under the category of cannabis?
(a) Methamphetamines
(b) Marijuana
(c) Cigarettes
(d) Spray paints

121. Which of the following substances contains tobacco?
(a) Cough syrup
(b) Cigarette
(c) Dextroamphetamines
(d) Alcohol

122. Which of the following drugs is not a stimulant?
(a) LSD
(b) Cocaine
(c) Dextroamphetamines
(d) Methamphetamines

123. Which of the following substances does not contain caffeine?
(a) Tea
(b) Chocolate
(c) Marijuana
(d) Analgesic

124. Which of the following substances are inhalants?
(i) paint thinners
(ii) gasoline
(iii) glue
(iv) typewriter correction fluid
(a) Only (i)
(b) Both (ii) and (iii)
(c) (i), (ii) and (iii)
(d) All of the above

125. Which of the following substances is a hypnotic drug?
(a) Sleeping pill
(b) Marijuana
(c) LSD
(d) Heroin

126. Which of the following falls under the category of "Bipolar and related disorders"?
(a) Derealization disorder
(b) Cyclothymic disorder
(c) Oppositional defiant disorder
(d) Major Depressive disorder

1. (d)	2. (c)	3. (b)	4. (d)	5. (a)	6. (c)	7. (a)	8. (b)	9. (b)	10. (b)
11. (a)	12. (b)	13. (a)	14. (d)	15. (d)	16. (c)	17. (b)	18. (c)	19. (d)	20. (b)
21. (a)	22. (d)	23. (d)	24. (d)	25. (c)	26. (b)	27. (a)	28. (a)	29. (c)	30. (d)
31. (a)	32. (c)	33. (d)	34. (c)	35. (b)	36. (a)	37. (d)	38. (a)	39. (d)	40. (b)
41. (a)	42. (a)	43. (d)	44. (d)	45. (c)	46. (b)	47. (c)	48. (a)	49. (d)	50. (d)
51. (c)	52. (c)	53. (b)	54. (d)	55. (d)	56. (c)	57. (d)	58. (d)	59. (a)	60. (a)
61. (b)	62. (c)	63. (c)	64. (b)	65. (a)	66. (d)	67. (b)	68. (a)	69. (b)	70. (c)
71. (d)	72. (c)	73. (b)	74. (a)	75. (b)	76. (d)	77. (d)	78. (a)	79. (c)	80. (b)
81. (a)	82. (c)	83. (d)	84. (d)	85. (b)	86. (a)	87. (c)	88. (b)	89. (d)	90. (c)
91. (a)	92. (b)	93. (d)	94. (d)	95. (a)	96. (b)	97. (d)	98. (a)	99. (a)	100. (b)
101. (c)	102. (c)	103. (b)	104. (d)	105. (c)	106. (b)	107. (a)	108. (b)	109. (d)	110. (c)
111. (a)	112. (b)	113. (c)	114. (a)	115. (c)	116. (b)	117. (d)	118. (c)	119. (c)	120. (b)
121. (b)	122. (a)	123. (c)	124. (d)	125. (a)	126. (b)				